

# Help for ostomates

By BARB JOY

The newly-organized Halton-Peel chapter of the United Ostomy Association invites all ostomates to their meetings held the last Tuesday of every month at 8 p.m. at Trinity United Church, 191 Sewell Dr., Oakville.

At its first meeting in October, 36 attended and 18 later called Di Bracken, the chapter's president (844-6762).

"The youngest coming from the area we cover which includes Mississauga and Milton, was nine years old," she said.

The purpose of the Halton-Peel Ostomy Association is "to reach, aid and educate all persons who require help in the emotional acceptance and physical management of their ostomy. It is our

goal to help ostomates return to productive lives after surgery and attain and maintain optimum 'ostomy health'.

With 1.5 million ostomates in North America and 100,000 ostomy surgeries being performed annually, it is estimated that 400 new operations are done each year in local hospitals.

Simply stated an ostomy operation removes part or all of the bowel, sometimes the colon and, if necessary, the rectum as well. Part of the intestine is pulled through the abdominal wall, culminating in a stoma or opening through which waste is eliminated into a bag.

Ms. Bracken said an ileostomy removes all the bowel while a colostomy

removes part of it.

No one knows what causes the illness, but apparently diet, lifestyle and stress have something to do with it, said Ms. Bracken. Fund-raising for research is being carried on in the United States but Canadian chapters are chiefly concerned with imparting information and offering support to ostomates.

What are the symptoms of the illness?

"You know when you have it," Ms. Bracken emphatically stated. "With me, it started with diarrhoea and my stomach swelled because the bowel kept expanding with the diarrhoea. I was passing blood with the diarrhoea. After a week, I knew I had colitis."

# Zellers expands

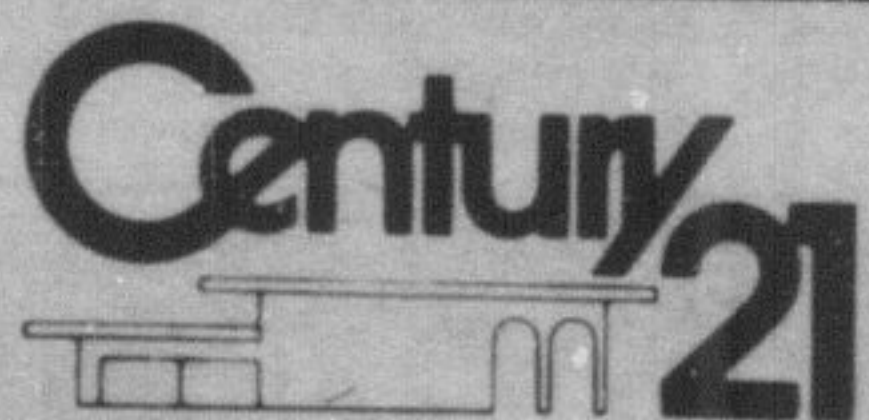
Zellers and Canada Life have announced plans to spend \$1.2 million on the renovation and expansion of their Milton Mall department store in Milton.

project will make this store Zellers' fourth largest in Ontario at 74,000 square feet.

Ten to 15 new jobs will be created when the project is completed in August 1983.

The cost of the addition will be borne by Canada Life, owners of the building. The leasehold improvements will be carried out by Zellers.

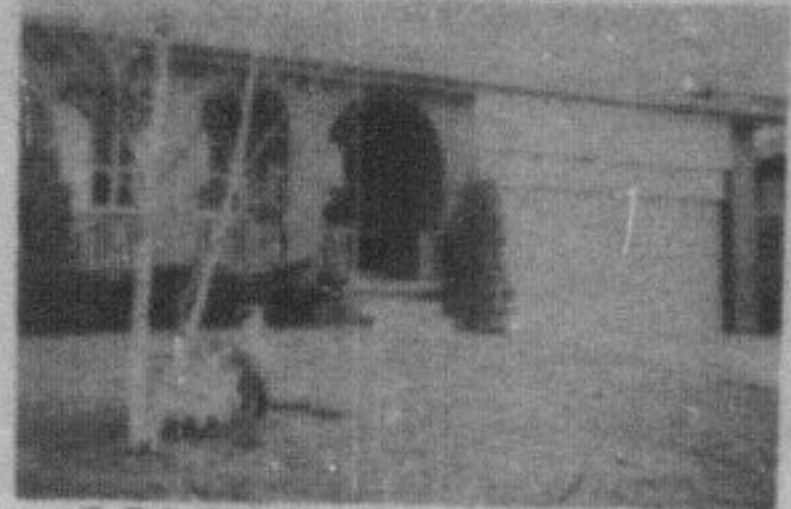
The Zellers building will be extended and completely remodelled and the expansion will add 20,000 square feet of retail space. The



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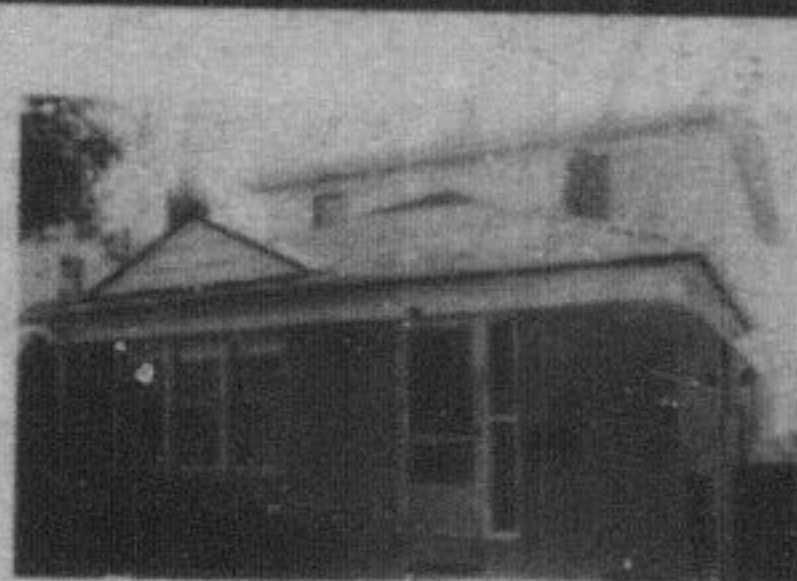
### COMPARABLY PRICED

Check out the extra features and compare with similar homes in Milton. Fireplace, in-ground pool and central air are some of the extras. Discuss the rest with Carol Free, and you'll want to see this home listed at \$135,900. 238/2



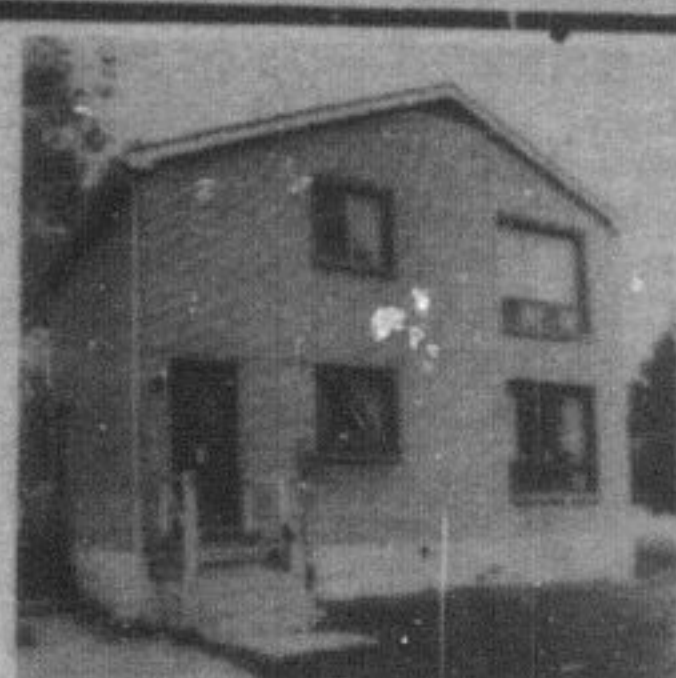
### \$119,900—DREAM HOME IN THE COUNTRY

Minutes to 401, 2 storey, "Burge" built. 3 bedrooms, 2 baths, neutral decor. For more details please call Irene Stone. 245/4



### LAST CHANCE

to locate in a beautiful mature neighbourhood. This home has 3 bedrooms, main floor family room and more. Please call Scott B. Prior. 227/2



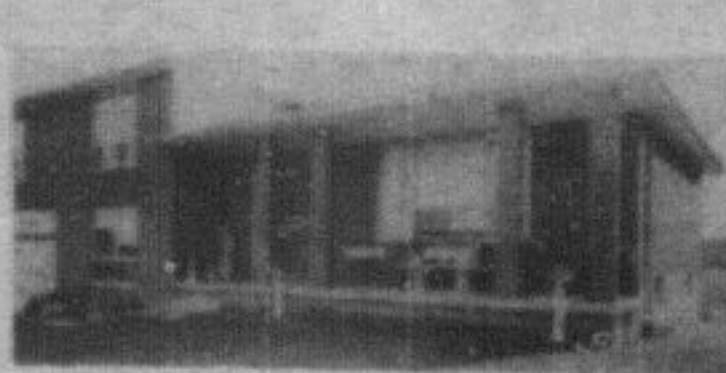
### \$121,000

3 unit building. Two 3 bedroom apartments, one 2 bedroom apartment. Vendor will take back first mortgage. For more details please call Irene Stone. 251/2



### COUNTRY LIVING AT ITS BEST

Located minutes from Toronto on 1 acre with a trout pond and waterfall. The rear deck overlooks picturesque country side. Asking \$139,900. Please call Scott B. Prior. 240/4



### BEAUTIFUL RAVINE LOT REDUCED TO \$144,900

Spacious 4 bedroom, brick sidesplit with fully fenced yard. For information please call Irene Stone. 228/2



### ACTON BOUND

to this well-kept three bedroom bungalow, finished rec room 4th bedroom or den in basement, single car garage, and a fully fenced back yard. Reduced to \$62,900. For more information call Joan Ramsay. 211/1



### THE WILLIAMSBURGI

Four bedroom two storey home with a sweeping spiral oak staircase in a grand entry foyer which is open to the second storey. 12 1/4% financing for 3 years. Asking \$118,500. Please call Scott B. Prior. 217/2



### A TOUCH OF "CLASS"

Classic all brick two storey home with four bedrooms, main floor family room with fireplace, main floor den & laundry room, separate dinette and much more. 12 1/4% financing for 3 years. Asking \$129,000. Please call Scott B. Prior. 216/2



### KING TO BISHOP "4" VALUE

A 3 bedroom home fit for royalty! An eat-in kitchen, separate dining room and living room and a beautiful rec room makes this home your castle. Call Wendy or Janice for details. 213/2



### MERRY CHRISTMAS!

A 4 bedroom home with family room on a large lot is a present any family would enjoy. Add to that it's great value and you'll love it. Call Wendy or Janice for details. 230/2



### DICKENS CLASSIC

Charles would love this completely renovated 3 bedroom home with upgraded broadloom. Even more, Scrooge would love the price. Call Wendy or Janice for details. 235/2



### REDUCED! \$89,900!!

An impeccable 4 bedroom home with rec room, eat-in kitchen, 50' x 150' lot and an 11 1/4% 1st for 2 years. Call Don MacIntosh for more details. 219/2

### GIVE YOURSELF AN EARLY CHRISTMAS PRESENT AND TAKE ADVANTAGE OF A GIFT FROM THE GOVERNMENT

A bright, well decorated 3 bedroom townhome with attached garage. Qualifies for \$3,000 grant for first-time home buyers. Asking price \$42,900. Talk it over with Carol Free. 214/2

### BUY NOW, BUILD LATER

on this .93 of an acre lot. It is waiting for your first home or your retirement home. Lots of room left over for a garden. Assumable mortgage until 1987. For more information call Joan Ramsay. 249/2

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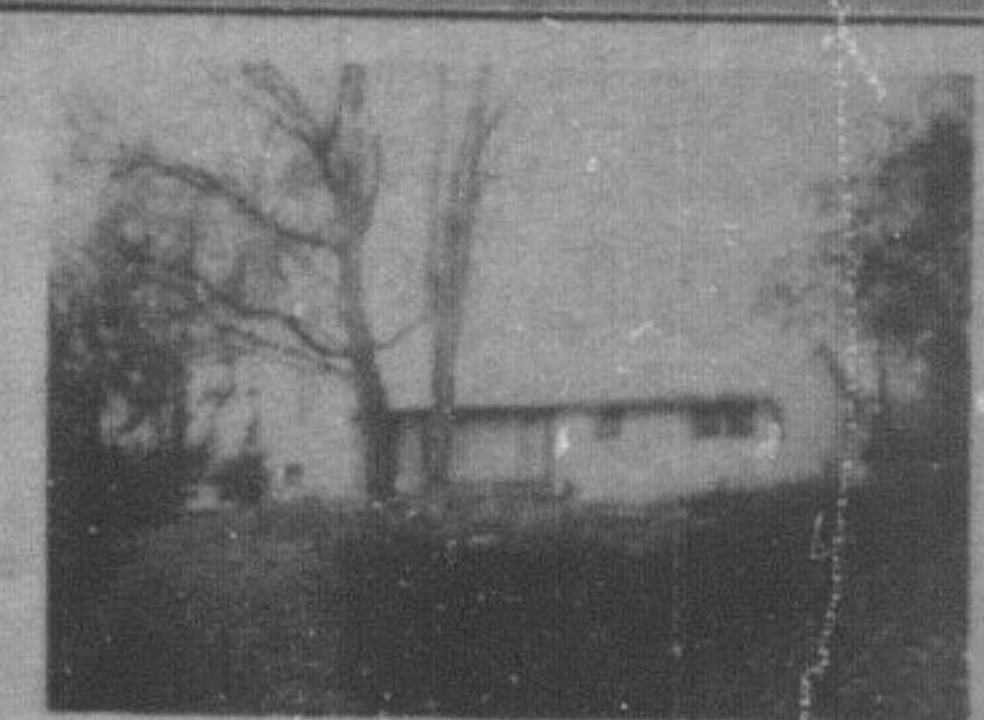
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# REALTY WORLD Colbeck



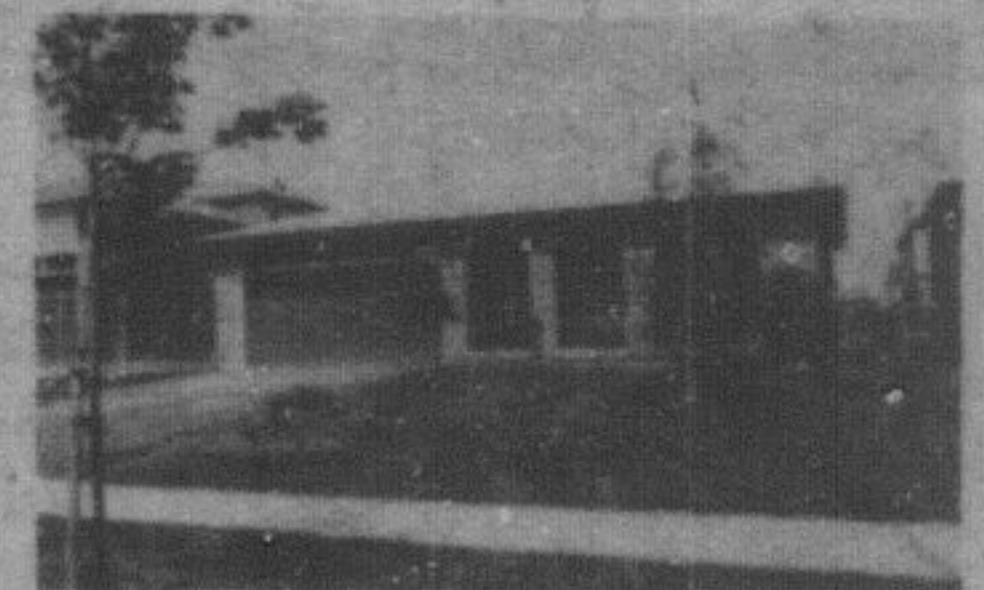
### FIVE BEDROOMS

Triple car garage with heat and hydro, recreation room, family room and many extras. Available for \$119,900.



### PROUD OWNER WANTED

for this newly decorated home with three large bedrooms and open concept style with large eat-in kitchen. Priced at \$48,500.



### LARGE PATIO

with interlocking stone, three washrooms, double garage, paved drive, fireplace, and many, many extras for \$99,900.



### EXTRA LARGE PROPERTY

125 feet by 175 feet and renovated completely inside of house, with detached garage and priced for quick sale at \$78,900.

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